



AUGUST 2008

dibəł ti ɬacaciltalbixʷ g̥əł ti x̥əłč yəxʷ ti stultuləkʷ yəxʷ ti ɬaččaləł.

COMPLIMENTARY

Veterans and Dignatories Help Dedicate Memorial

The beautiful new Squaxin Island Veterans Memorial was dedicated on July 1st with all tribal member World War II veterans - William Peters, Calvin Peters and Harry Fletcher - honorably seated in the front row.

Tribal members have served in United States military in a greater percentages per capita than other ethnic group, Washington State Senator Patty Murray recalled. "Two Squaxin Island tribal members are currently serving in Iraq. They are in my thoughts today as well. We need to make sure the sacrifices made by our brothers and sisters are never forgotten. We must provide the services and benefits they have earned. That is why what we are doing today is so important. This is a beautiful place for healing and peace." Senator Murray also remembered tribal member/ Vietnam veteran Bruce Johnson, expressing her joy that his vision for the memorial is now fully realized.



Craig Bill, representative for Governor Christine Gregoire said, "It is a great privilege to join in celebrating this tangible symbol of gratitude to Squaxin Island veterans, honoring their courage and devotion. Together we honor them as heroes."



The ceremony began with blessings by Shaker Ministers Rose Algea and Mike Davis, a blessing by minister Ron Dailey and smudging and prayer by Tribal Chairman David Lopeman, John Krise and Ray Krise. Members of the Intertribal Warrior Society conducted a gun salute and rifle tribute.

The memorial, located between the Museum Library and Research Center and the Elders building, is now a highlight of the cultural center complex. Included in the memorial are seven waterways representing the people of the seven inlet watersheds of South Puget Sound that now comprise the Squaxin Island Tribe and

Continued on Page 24

First Salmon Ceremony

*August 1st at Arcadia Boat Launch Beach
at Noon! Free and Open to the Public!*

The Squaxin Island Tribe invites you to our 3rd annual

SALMON FEST

Little Creek Casino Resort Parking Lot

Shelton, WA

August 16, 2008 11:00 am to 7:00 pm



.Salmon BBQ

.Salmon friendly exhibits

.Live Native and Contemporary Performances

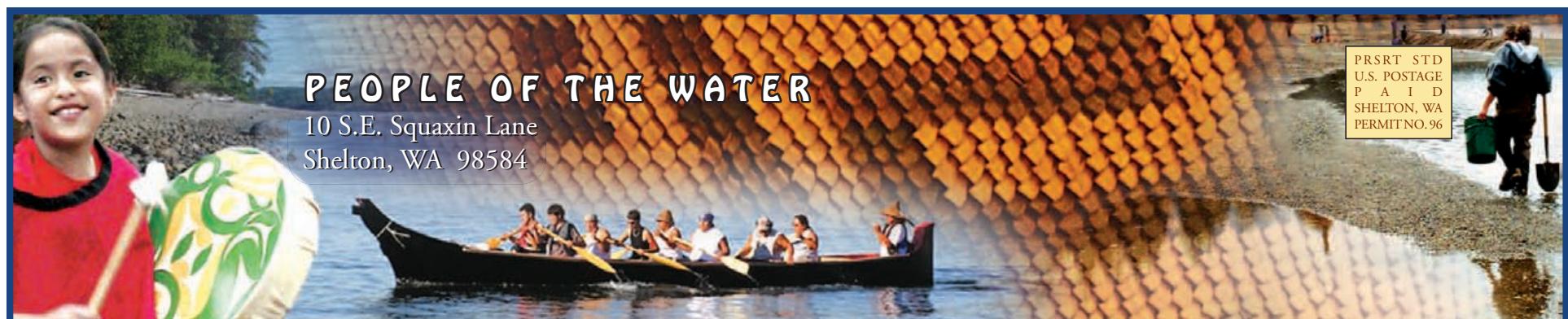
.Kids of All Ages Zone

.Native and other Fine Arts

**Canoe Families are invited to jam all day long
Dancers & Storytellers please join us too!
Stipends available**



**Vendor booths & sponsorships available
For more information, contact
David Black (360) 432-7107 or
Rickie Ramage (360) 432-7150
All proceeds benefit the Squaxin Island
Tribe Museum & Education Department**



PEOPLE OF THE WATER

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Shelton, WA 98584

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FAX: (360) 426-6577
www.squaxinisland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

K L A H - C H E - M I N

Public Safety Patrol Car Auction

Photos by Madeena Rivera



Mike Evans being the auctioneer, Jeremy Buntz purchasing



Hey Macarana



Herb Johns purchasing a car



"Hey, Chief, please don't sell my boat!!!"

Dear Squaxin Island Friends,

I would like to thank you for allowing me and Cuddly Bear Ice Cream to be a part of your fireworks sales event. Through your support, Cuddly Bear has been able to purchase a new 4 in 1 printer, add a company truck (I spray painted my little farm truck, added snowflakes to look like the ice cream buggy). I also have been able to purchase jumper cables and a 2 way jump starter. Since you have allowed me to sell ice cream on the reservation since last August, I was able to fly to Colorado Springs, Colorado to welcome my niece home from Iraq after her 15 month tour, add a 2nd freezer and a spare tire for the buggy. One of my favorite routes to travel is to the reservation and continuing down to Totten Inlet.

Please check out my website: cuddlybearicecream.com
and <http://cuddlybearicecream.spaces.live.com/>

Again, thank you for your blessings and support.

The Ice Cream Lady
Holley Ann

Bicycle Safety Rodeo



Saturday August 16, 2008
11:00 AM

Parking lot at Squaxin Island Gym

The Squaxin Island Police Department will be hosting the bicycle safety rodeo for all children in the community.

Children of all ages are welcome to bring their bicycle and participate in this event.

There will be traffic safety courses, bicycle races, bike trails, helmets, prizes and much more!

DRUG FREE EVENT



Law Enforcement on a Mission to Arrest Impaired Drivers: *Dedicated to Wilson BlueBack*

Drive Hammered, Get Nailed Crackdown, August 15 through September 1



Mason County, WA. As a dedication to Wilson BlueBack of Shelton, who was killed in 1998 while riding with an intoxicated driver, law enforcement throughout Mason County will be on a mission to remove impaired drivers from the roadways. The Drive Hammered, Get Nailed enforcement will take place between August 15 and September 1 and honors all DUI victims and families in Mason County. Participating locally are the Shelton and Squaxin Island Police Departments, the Mason County Sheriff's Office and the Washington State Patrol.

In Washington State, the number one factor contributing to traffic deaths is driver impairment. During 2007, traffic crashes killed 568 people on Washington's roadways. Impaired driver-involved fatalities accounted for 46 percent of the total deaths (263).

"Drunk or drugged driving remains the leading cause of death in traffic crashes. These preventable crashes can be eliminated if everyone works to become a part of the solution," said Lowell Porter, Director of the Washington Traffic Safety Commission. "As one who has knocked on doors at 3 am to deliver the worst news possible to a loved one, I strongly urge all Washington drivers to help make 2008 a safer year than we had during 2007."

This Drive Hammered, Get Nailed campaign is important because during the summer months - July through September - Washington experiences the greatest concentration of drinking (or drugged) driver-involved traffic deaths (32 percent of the total impaired driver deaths occurred during the summer months between 1997-2006).

Another factor is the time of day that traffic deaths involving impaired drivers occur. During 2006, drivers involved in deadly crashes were four times more likely to be drunk at night than during the day (36 percent versus nine percent). Consequently, more than two-thirds (70%) of impaired driver-involved deaths occur during nighttime hours (6 p.m. to 6 a.m.) in Washington.

Although this emphasis patrol is occurring during the summer, law enforcement statewide conduct extra DUI enforcement throughout the year. The Washington Traffic Safety Commission funds grants for the extra patrols called X52, which is a part of Washington's Strategic Highway Safety Plan, also known as Target Zero. The goal of Target Zero is to eliminate all traffic deaths and serious injuries in Washington by 2030.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov



Little Creek's Upcoming Events

Cage Fighting at the Creek

Friday, August 22
Special guest appearances by
*Jamie "The Worm" Varner
and Urijah Faber*
Doors open at 5:30 p.m.
Fights start at 7:00 p.m.
Tickets start at just \$30

One Night, Two Shows

Jay Leno
Saturday, November 8, 2008
7:00 p.m. and 9:30 p.m.
Ticket Prices: \$65/\$60/\$50

TICKETS AVAILABLE AT
www.little-creek.com
or call our Box Office at 360-432-7300
All shows 21 and over

Wanted

*Looking for a needle in a haystack
... Or a mulched blade of grass!!*

I'm looking for a 17" mulching mower blade, new or used. My Honda is model HR-173. I've learned that Honda stopped making the 17" mulching blade 10 years ago. However, there is always a chance, slim though it may be, that someone has an extra stored for whatever reason. Do you know of any shops or repairmen that have gone out of business and has an inventory? Or do you have a contact for me to call?

Reply to Lori at 491-7616. Thank you!



Per capita's will be distributed on August 14th

The intent for the youth per capita is to support our students' educational needs for the upcoming school year.

Cashiers Office Hours

MONDAY - FRIDAY

7:30 a.m. - 4:00 p.m.

Closed for lunch from Noon -1:00 p.m.

Phone: 432-3948

We accept VISA, MasterCard and American Express



COMMUNITY



Happy Birthday

Arron Edgley	8/1	Lewellyn Parker	8/15	Lindsey Harrell	8/29
Nathan Shelton	8/1	Mathew Cooper	8/16	Angelo Rivera	8/29
Jeremie Walls, Jr.	8/1	Rachel Johns-Edwards	8/16	Joseph Furtado	8/29
Darlene Wood	8/3	Kevin Spezza	8/16	Cathy Campbell	8/30
Tyrone Seymour	8/4	Virginia Farron	8/17	Debra Henry	8/30
Lawton Case	8/4	Irvin Fletcher	8/17	Euphamie Whitener	8/30
Leighton Case	8/4	Roy Perez	8/17	Ruben Vasquez	8/30
Kelly Jones	8/4	Anthony James	8/18	Loretta Krise	8/31
Christopher Brown	8/5	Melissa Miller	8/18		
Josh Miller	8/5	Dionna Airel Purdy King	8/20		
Lois Cuch	8/6	Kayla Johnson	8/20		
David Johns	8/7	Greg Glover	8/22		
Bob Koshiway, Jr.	8/7	Jessica Johns	8/22		
Lisa Frodert	8/8	Rene Larios	8/22		
Lettie Machado-Olivio	8/8	Eva Charles	8/23		
Chasity Masoner	8/9	Jeremiah Obi-Rivera	8/23		
Nikieta Fox	8/9	Bryce Penn	8/24		
Juliet James	8/9	Victoria Sanchez	8/24		
Larry Melton	8/9	Nicole Cooper	8/25		
David Peters, Jr.	8/9	Mitch Carrington	8/25		
Marilyn McFadden	8/11	Eden VanCleave	8/26		
Alex Garcia	8/12	Meghan Brandt	8/27		
Brandon Campbell	8/13	Kaytlyn Henderson	8/27		
Chucky Wilbur	8/14	Rhonda Foster	8/28		
Elena James	8/14	Eathon Caasi	8/28		

What's Happening

						1	First Salmon Ceremony Arcadia	2
							AA Meeting 7:30	
3	4	5	6	7		8		
Squaxin Indian Bible Church 11:00 a.m.								
10	11	12	13	14		15		
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Per Capita Distribution			SalmonFest LCCR	
17	18	19	20	21		22		
Squaxin Indian Bible Church 11:00 a.m.								
24/31	25	26	27	28		29		
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		2nd Public Budget Hearing 4:30				



**Happy 4th Birthday
Bub's
(Christopher)**



**Love Always
Mom, Dad and Sissy**



Respect vs Success

I'd like to stress how important a person's mindset is in business. The way one responds to people has a significant impact on the trajectory of one's career. To illustrate my point I'll compare mindsets focused on respect and success. A person that wants respect first and foremost likes to demonstrate their self worth and are less receptive to others suggestions or needs. This mindset talks more and listens less to utilize their abilities and experience to their audience instead of focusing on picking up the information a customer offers. Even if this person is very talented, they will be at a disadvantage to a competitor that is looking for success. A mindset focused on success puts other needs first and intent on listening to gain knowledge that will help them achieve their goal. When presenting a mind focused on success is open to others input and criticism. This does not mean taking criticism is easy. It means that their outside information provided is at least acknowledge and considered.



A great example of respect vs success in the work place is a story that my wife experienced first hand. She was working in her group for a long time and her boss left the company and someone new came into the role. This particular person thought that her grand title gave her many privileges that others did not have. Instead of coming into the group and getting to know everyone and seeing what their job entailed and how it tied in with hers, she just started demanding things be done a certain way, completely different than how it was done before. It is not a bad thing to do things different than before, but the way that she went about the changes were such that she demanded people do so and didn't care about feedback or how it affected anyone else and their job. She wanted things her way and that was it. She made no effort to see how the changes affected others; she just knew what was easiest for her. The work environment got pretty bad and it was obvious no one liked working for this individual and her demanding attitude. So one day she asked my wife why she thought no one liked her and why she was having such a hard time getting along with everybody in this new group. My wife stated bluntly how no one respected the way she was handling her new role and point blank she replied back, "My title demands respect, I don't need to earn it." Needless to say, she didn't last much longer in the group. With an attitude like that, you will never make it far in the workplace because no one will respect you, even if you think it is a given.

Cousin I am hopeful you see how your mindset can affect your desired outcome when dealing with people.



From OPTTA to NWTT . . .

Regional Tribal Tourism Organization Announces a Name Change

OPTTA has officially changed its name, effective July 23, 2008, from Olympic Peninsula Tribal Tourism Association (OPTTA), to Northwest Tribal Tourism (NWTT) – to better reflect its growing regional membership, and its expansion of a 'Cooperative Marketing & Promotions' effort to generate awareness of Northwest tribal communities as a collective destination for those visitors exploring the region.

The use of Olympic Peninsula in the organization's former name did not clearly reflect its true geographic territory or full regional focus, let alone its mission.

"Our name has evolved as our focus has evolved," said Ryland Bowechop, chairman of NWTT and member of the Makah Nation. The general perception has been that the organization is affiliated only with the Olympic Peninsula. This has been a bone of contention for us over the past year, as our member Tribes and tourism partners extend outside the Peninsula boundaries." First established in 2004 to facilitate the development of the First Nations Trail, NWTT assisted in creating cooperative promotional strategies for communities connected by the Trail. Today, NWTT is at the forefront of tribal tourism development within the Northwest region. Its success has been through its funders, partners, and hard work.

In 2007, NWTT secured funding from the Washington State Office of Community Trade, and Economic Development, USDA, the Olympic Peninsula Visitors Bureau, Jamestown S'Klallam Tribe, Puyallup Tribal of Indians, Quileute Nation, Squaxin Island Tribe, and the Suquamish Tribe for the development of a strategic plan for tourism; a regional Travel Guide for tourism promotion that links together NWTT member Tribes for a vacation itinerary; and a visitor-friendly website (explorepacificnwtribes.com). Susan Guyette, owner of Santa Fe Planning, contributed her expertise in cultural-appropriate tourism for the development of the organizational strategic plan. Victoriah Arsenian, publisher of Northwest Native Business Today, provided assistance in the production of a 24-page digest-sized travel guide and explorepacificnwtribes.com. Ms. Arsenian will continue to work with NWTT as the tourism coordinator.

"We needed a name that reflects our vision, and our commitment to all NWTT member Tribes. Providing Northwest Tribes and businesses with promotional opportunities for tourism to educate visitors and strengthen tribal economies has always been our goal, now it's also in our name," said Leslie Johnson, NWTT board member and director of the Squaxin Island Tourism Department.

In addition to a new name, NWTT is the designated manager of the Washington Pacific Coast Scenic Byway, a 365-mile highway in Northwestern Washington along SR 101 and the Pacific Ocean. Its range reaches seven counties; ten tribes; many desirable points of interest, such as over 150 cultural sites, beaches, rainforests and glacial mountain peaks; and several parallel highways that connect the region's Tribes and local communities together.

"This is an important role that we are truly excited about," said Walter Jackson, NWTT vice-chairman and member of the Quileute Nation. "Our ancestors were the caretakers of this region and its trade routes for thousands of years. The region's highways and waterways are what connected all our people. It is only natural for us to help manage this highway, while continuing the tradition of preserving the natural environment that surrounds it for visitors to enjoy and to remember."



Peter Boome Bound for Law School

Mason County Journal, June 19, 2008, By Jeff Green - Shelton School Board member Peter Boome has resigned after nearly two years on the board. Peter, 36, announced he has been accepted by the University of Washington Law School and, because of the amount of time that will require, he has decided to step down. He recently graduated from The Evergreen State College.

"There have been and will continue to be challenges. What I remember, however, are the rewards, the time spent with the students of our district. These students are talented, inspiring and full of promise," Peter said, reading from a prepared statement. "Please don't take tests too seriously, studies have shown that tests are exceptionally poor indicators of student achievement and academic understanding," he told the board, adding that, "the funding that goes into the Washington Assessment of Student Learning and other tests might be better spent on actual classroom activities and materials, things that prepare our students for the future and expand their minds." Born in McCleary, Peter was raised in the Ute Indian Reservation in Utah. He is a member of the Upper Skagit Tribe and has lived on the Squaxin Island Reservation the past 17 years. He said he and his family will move to University Place to be nearer to the law school. Peter is a renowned artist as well as a student. He draws, carves, paints and does silkscreening of his own works and for other artists. "There's always something to do," he told the Journal in an earlier interview. "I've done weaving, beadwork. Anything that will make the image or design come out is worth investigating. Sometimes it just hits you. Other times you think about it awhile."

He said he wants to be an advocate for Indians and Indian rights. "I've seen Indians abused my entire life. I've seen Indians' right trampled on. There never seems to be competent or adequate representation for Indians," he said. "As an Indian and a lawyer, you're never out of work. There's only a handful who are really, really good," he said. The other school board members are sorry to see him go. "Peter has been really a breath of fresh air on this board," Holly Sharpe, president of the school board said. She told him he brought diversity, a different perspective and that he will be missed. Board member Jullianna Miljour described Peter as a "quiet" thinker. "I almost said "no, you can't resign. That is a decision for the board,'" she added. And school board member Sue McCausland said she knows law school is something Peter has worked for. "Enjoy it. You've worked hard to get there," she said.

American Indian Religious Freedom Act (AIRFA) 30th Anniversary CELEBRATION

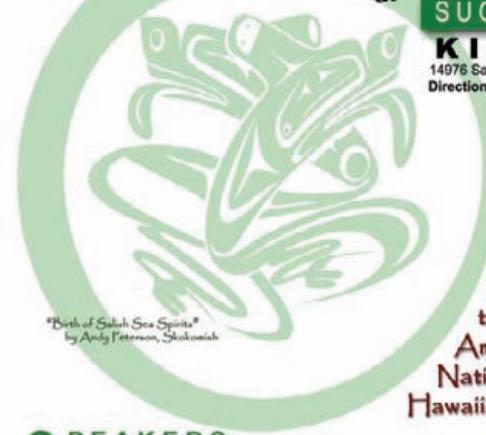
August 11, 2008

at the

SUQUAMISH TRIBE'S
KIANA LODGE

14976 Sandy Hook Rd. NE • Poulsbo WA 98370

Directions: <http://www.kianalodge.com/location.html>



"Ceremonial celebration of the inherent right and freedom to believe, express and exercise the traditional religions of American Indians, Alaska Natives and Native Hawaiians."

SPEAKERS:

Alan Parker, The Evergreen State College

Olympia, WA

Suzan Harjo, The Morning Star Institute

Washington D.C.

Billy Frank, Northwest Indian Fisheries Commission

Olympia, WA

Chenoa Egawa, Native American Church

Bellingham, WA

For more information contact:

Ginny Ith (360) 867-6889 or email ithg@evergreen.edu

Marijuana: Risks of Experimentation

Parents - theantidrug.com -

What's the Big Deal About Marijuana?

"But it's only marijuana" or "it's only alcohol," you say. "It's a rite of passage." "Teens are expected to experiment." Not any more. The world has changed, and so have the drugs. In fact, the marijuana of today is stronger than ever before. Drug and alcohol use can lead to many negative consequences, including bad grades, broken friendships, family problems, trouble with the law, etc.

Most important, teens' brains and bodies are still developing, and substance use can interfere with their emerging independence and efforts to establish their own identity. Drug and alcohol use can change the direction of a young person's life – physically, emotionally, and behaviorally. It can weaken the ability to concentrate and retain information during a teen's peak learning years, and impair judgment leading to risky decision making that could involve sex or getting into a car with someone under the influence of drugs.

"Experimentation," even with marijuana, can

also lead to addiction. Not everyone progresses from use to abuse to addiction, but it is a dangerous road and there is no way to know who will become addicted and who won't.

Risks of "Experimentation"

Drug and alcohol abuse by teens is not something to be taken lightly. More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined. Research also shows that many adolescents start to drink at very young ages. In 2003, the average age of first use of alcohol was about 14, compared to about 17 1/2 in 1965. A 1998 study by the National Institute on Alcohol Abuse and Alcoholism says if a 15-year-old starts to drink, he or she has a 40% chance of alcoholism or dependence as an adult. Kids are using marijuana at an earlier age. In the late 1960s fewer than half of those using marijuana for the first time were under 18. In 2006, about 64 percent of marijuana users were younger than 18. Marijuana af-

flects alertness, concentration, perception, coordination and reaction time, many of the skills required for safe driving and other tasks. These effects can last up to 24 hours after smoking marijuana. Marijuana use can also make it difficult to judge distances and react to signals and sounds on the road. Smoking marijuana leads to changes in the brain that are similar to those caused by cocaine, heroin, or alcohol.

Parents Are the Most Important Influence in a Child's Life

There is a growing body of research that shows that parents are central to preventing adolescent substance abuse. In fact, kids themselves say that losing their parents' trust and respect are the most important reasons not to use drugs.

As a parent, your actions do matter. When you suspect, or know, that your child has used drugs, take action to stop it as soon as you can. It may be the most important step you ever take.



Dennis Bear Don't Walk

Dii Shodah? How are you? My name is Dennis M. Bear Don't Walk. I'm Crow and Northern Cheyenne from the Northern Cheyenne Reservation in Montana and it's my distinct pleasure to be your new Family Services Manager. I was hired three months ago in April so I've met and seen many of you around already. I'm the bald guy with the goatee.

I worked for the Juvenile Rehabilitation Administration at Maple Lane School for the past couple years; most recently as their Program Manager 2 Court Liaison. Prior to my move to Washington in 2006, I worked as the Director of In-Care Network Inc. a 501 c3 dedicated to providing mental health and therapeutic foster care services to Native Americans in Montana, Director of Crow Children's Mental Health, a Systems of Care grant partnership between the Crow Tribe and State of Montana, Director of the Crow Nation Wellness Center, our CARF accredited tribal substance abuse program, and Case Manager for the In-Care Network Inc. Mental Health Center. As you can see, my passion is working with Native youth and communities on many different levels.

I moved to Washington to be with my fiancée (we're getting married August 12) who was already living here at the time. Driving and flying between here and Montana was becoming very expensive, so I decided to pull stakes and move. It's been a great adventure ever since.

Feel free to stop in and visit me any time. Our little blue trailer is located in between Mental Health and Natural Resources beside the clinic. I try to keep a pot of coffee on just in case I have company.

A'ho! (Thank you!)

New Employees



Jessica Jorgensen

Hi, my name is Jessica Jorgensen and I'm the new Cashier. I come to the Squaxin Island Tribe with a background in Accounts Payable, Accounts Receivable, Accounting, and other assorted trades. Most recently, I worked at Mason County Title as a Contract Administrator for Northwest Contract Collections. Prior to that, I had worked for five years at Gillis Auto Center and for several years before that, I was in the banking industry. I just finally figured out what I want to do when I grow up, and that's when I applied here in the Finance Department.

In addition to starting a new job, I have enrolled at the University of Phoenix to get my Bachelor's degree and should be starting at the beginning of August. When I go home at night, I start my second job which is tending to my three daughters McKenzie-10, Alyssa-8, and Rylee-3, as well as my husband of 13 years, Mike. I enjoy reading, listening to music, riding my quad, and spending time with my friends and family. Life is good!!



Jan Olson

Hi! My name is Jan Olson and I am newly hired as the Human Resources Assistant. I've lived in Shelton most of my life, and am the oldest of ten children. Most recently I enjoyed working for my brother, Michael, at Wittenberg CPA, PS.

I am blessed to have three children and three grandchildren. My husband, Larry, is retired and works part-time as a bus driver for Mason County Transit. My hobbies include having fun with my grandchildren and kayaking.

I'm really enjoying working here, and hope I get a chance to meet you soon!

Enjoying Each Other's Company the Night Before the Journey Began





2008 Fishing Season is Here!

By Joseph Peters, Fish Biologist

The excitement of fishing season is buzzing around the Squaxin community. Fishermen are working on their boats, mending nets and even teaching the young to hang nets. This time of year is vital to our people's existence, it is our lifeline. The salmon spirit is in our blood. Fishing brings our families together and strengthens the community. I have fond memories of my brother and me fishing with my father on those crisp summer evenings in Budd Inlet. I look back at those fishing seasons and see that not only were we spending time with our father but he was teaching us the ways of his Grandfather. We see this today, fishermen taking their sons and daughters out fishing to pass on the culture and traditions to our youth.

In a few weeks the Fall Chinook will be making their journey home to the Deschutes River. Like last year we are expecting an increased turn out of fishermen to participate in fishery this year. The increased effort in the fishery, will likely result in a number of inexperienced fishermen that may need some guidance from our seasoned fishers to teach them proper fishing techniques, caring for the environment and respecting personal property to name a few.

On Thursday July 10th, 2008 Tribal Council approved the 2008 Annual Commercial Fishing Regulations. Copies of Annual Regulations and Emergency Regulations will be available at the Squaxin Island Natural Resources Department and online at www.squaxinisland.org.

It is very important that all fishermen review these regulations. The Fish Hotline will provide all current emergency regulation fish openings.

New to 2008 Annual Commercial Net Fishing Regulations of the Squaxin Island Tribe with 2008 Fall Chinook Fishing Regulations is an addition regarding interactions with California Sea Lions and Harbor Seals. Since the 1994 amendments of the Marine Mammal Protection Act our fishermen have not been protected in regards to seal and sea lion deaths resulting from a treaty fishery. With the recent increased sensitivity of seal and sea lion deaths in the Columbia River this year and during our Chinook fishery in Budd Inlet last year it was important that we draft language to protect our fishermen. Kevin Lyon and other tribal attorneys have worked hard to develop a document that all tribes will be implementing for the 2008 fishing season. Below is a summary of the California Sea Lion and Harbor Seal Interactions portion of our fishing regulations:

Deterring Harm—Non-Lethal Acts

Fishermen may deter a seal or sea lion from damaging fishing gear, catch and or endangering personal safety of the fishermen so long as measures don't result in death or serious injury of the seal or sea lion. Non-lethal deterrence methods shall include visual repellents and noise makers.

Deterring Harm – Lethal Acts

Fishermen may incidentally take a seal or sea lion from damaging fishing gear, catch and or endangering personal safety of the fishermen by any lethal means, provided reasonable steps to deter by non-lethal methods have been taken.

Deterring- Public Safety

Must employing methods to deter in a manner that will not create a hazard or pose a danger to others. Hazardous or dangerous methods will be of the opinion of the Squaxin Law Enforcement Officer.

Permissible Incidental Take

Entangled seals and sea lions in nets is considered permissible incidental take.

Deterrence- Self Defense

Fishermen may take a seal or sea lion if such take is imminently necessary to defend the life of any person.

Please see page 6 of the 2008 Annual Commercial Net Fishing Regulations of the Squaxin Island Tribe with 2008 Fall Chinook Fishing Regulations for a detailed description of California Sea Lion and Harbor Seal Interactions.

If you have any questions or want to talk about fishing please call, email or just stop by the office.

Happy fishing!

Contact Information

Joseph Peters
Fish Biologist
360-432-3813
jcpeters@squaxin.nsn.us

Fish Hotline: 360-432-3899

Squaxin Island Tribe Website: www.squaxinisland.org





CONGRATULATIONS GRADUATES!



Masters Degrees



Holly Johnson

Holly Johnson, the daughter of Pam and Larry Hillstrom, graduated with a Masters of Education-Professional Studies in Teaching and Learning Specialization with Professional Certification from Heritage University this spring.

She has been a Kindergarten Teacher at Parkside Elementary School in Tenino for six years. She received her BA in Early Childhood Education from Central Washington University in 2002. At Central she majored in Elementary Education and minored in Special Education.

Holly and her husband, Steve, have a beautiful baby girl named Hannah, who is 10 months old.



Christina Smith

Hi! My name is Christy Smith. I am the great-granddaughter of Nancy George and Andrew Peterson, the granddaughter of Francis (Frenchy) and Hazel (La Clair) Peterson, and the daughter of Don and Jackie (Peterson) Smith. I very recently graduated from the University of South Dakota with a Master of Arts in History, concentration in United States History with an emphasis in the American West and Native American History. It was often a struggle to go to graduate school full time and work, not to mention being away from my family and friends, but in the end it was definitely worth it. The rigors of graduate school enforced good study habits, which enabled me to reach my goal of attaining membership in Phi Alpha Theta History Honor Society. Good grades and hard work paid off again when I was awarded a Graduate Research Assistantship in the Department of American Indian Studies Oral History Center. This assistantship enabled me to explore Native American issues and stories in such a unique way. I learned history beyond the written word, beyond what an author interpreted for me. I heard it straight from the source. It was a great opportunity and one I am very grateful to have experienced.

My Master's was a long time coming. I returned to school over ten years after getting my Bachelors. I would never

have completed the program if I did not have the support and encouragement of my family. My parent's especially were supportive and never once thought I was crazy for chucking everything and trying something new. I appreciate it more than I can possibly say or put into words.

I just recently began a job at the Texas Ranger Museum in Texas as a Research Librarian. Achieving this educational goal has allowed me far greater opportunities than I imagined. Again, this change would not have been possible without the support of others-namely, the Tribe. The education award I received allowed me the means to move and start a job several states away. I am very, very appreciative.

One last thing. I want to say "hi" to my brothers, my sister, and all my nieces and nephews. I miss all of you very much!



Jennifer Ulrich

Jennifer graduated from Bainbridge Graduate Institute in June with her Masters in Business Administration in Sustainable Business. Jennifer Ulrich received her BA in Business Management from the Evergreen State College in 2003. After earning her BA, she completed a year-long marketing and PR internship for J Walter Thompson, a national marketing and PR firm. After completing her internship, she went to work for Island Enterprises. As a first generation descendant of Squaxin Island Tribe, Jennifer is active in the community and passionate about helping entrepreneurs become successful. Jennifer also owns her own catering/event coordination company and a drive-thru espresso stand in Lacey.



Whitney Jones

It has been an amazing, exhausting two years and I am very excited to have completed my degree as a Master of Public Administration in Tribal Governance from the Evergreen State College. Many, many thanks to my mom and dad for supporting and encouraging me throughout this program; for prompting and pushing, for inspiring, for helping with the rest of life that refused to slow down, and especially for watching the girls so often while I was in class. Thank you also to the rest of my family and friends who provided cheerleading too. It is a blessing to be loved and supported by so many people. And special thanks to my two girls who have been as patient as their young spirits could be while mommy was so busy the last two years. Yes, we will finally go on a vacation this summer!



CONGRATULATIONS GRADUATES!



Bachelors Degrees



Rose Blueback

Rose Blueback graduated from The Evergreen State College on June 13th with a Bachelor's Degree in Psychology. She has been employed as the TANF Case Manager for four years and is thinking about getting a Master's in Psychology after a little break. "Now I can do just about anything," she said. "It's been tough, but I'm happy!"



Astrid Poste

Hello my name is Astrid Poste I recently graduated from the Evergreen State College with my Bachelors Degree with a focus in psychology. I plan to return briefly during fall quarter to complete the requirements for my Human Resources Management certification. Attending school has been a powerful growing experience. As a Squaxin Tribal member it is my hope more Native people will begin to see higher education as achievable. Even when working full time, it can be done. Throughout this process I have gained many skills which will help to impact this community in a positive way. Thank you everyone who supported me along the way especially Rose Blueback. You're an inspiration and an amazing woman.

Meghan Brandt

Meghan Brandt graduated from Willamette University in Portland Oregon on May 11th with a BA in Psychology. Meghan will be attending graduate school this Fall at Willamette to receive her Masters Degree/Teaching Certificate in Education. She is wearing the gift of a button shawl made for her by her grandmother, Ann Parker, and presented to her at graduation by both grandparents, Ann and Glen Parker.

Sheena Hillstrom

Sheena Hillstrom, the daughter of Pam and Larry Hillstrom, graduated from Washington State University on July 25th with a BA in Environmental Science (emphasis in Regional Planning) and a Minor in architecture. Having grown up with the forests of the Pacific Northwest as her playground, she became passionate about forest ecology and the urban environment's impact on forests. Last summer she had the opportunity to have some "hands-on" internship experience working in restoration plots in Costa Rica with the Organization for Tropical Studies' Native American and Pacific Islander Research Experience. There, she researched the role of decaying log microsites in a natural restoration situation. She enjoyed working with other indigenous students and meeting the indigenous people of Costa Rica.

She also completed an internship with Strategies for Ecology, Education Development and Sustainability (SEEDS) investigating the regeneration of slash-burned forests.

During college, Sheena was on the Honor Roll, maintaining a 3.6 G.P.A. and performed in the Marching Band for two years.

Sheena plans to marry Peter Kaas on September 6th.

High School Grads Having Fun at Sgwi' Gwi





CONGRATULATIONS GRADUATES!



Bachelors Degrees



Daniel Kuntz

My name is Daniel Kuntz I am the son of Joe and Liz Kuntz and the grandson of Dave and Fame Rankin. I recently graduated from The Evergreen State College with a Bachelor's of Science with emphasis in Biology. I am currently working for The Squaxin Island Tribe's Natural Resources and hope to continue working in the department with advancement. When I am not working, I enjoy anything out on the water. I would like to thank my parents, family and the Tribe for the support over the past 4 years. I would also like to thank Jay Dee.

Jason West

Jason G. West received a Bachelor of Arts from The Evergreen State College. He's been working on-call for the Squaxin Island Tribe in Cultural Resources and Natural Resources. He is also participating in the Archaeological Field School this summer and loves what he's doing. His parents are Bonnie and Ernie Sanchez of Elma and Dennis West of Spokane. He hopes to continue working for the Squaxin Island Tribe.

Donna Wood

Donna Wood, daughter of Nancy and Misty (Alfred) Bloomfield, graduated from Olympic College in December with an ATA in Administrative Office Support. She is currently employed as an on-call Receptionist at the Tribal Center. She hopes to work for the Tribe full time ASAP and is looking forward to taking additional classes to work toward a Bachelor's degree.

Alicia Ward

Hi! My name is Alicia Ward, and I am Penni Giles' daughter. My husband and I are now living in Kent with our wonderful son, Greyson.

I recently graduated with an AA in Accounting from Green River Community College. I am very eager to enter the workforce again after staying home for the last 4 years with Greyson. I plan on continuing on for my Bachelor's, and am very interested in pursuing a career in forensic accounting after I complete my schooling.



Celebrating at Sgwi' Gwi



Jeff Hoosier

Hi! My name is Jeff Hoosier. I am a 2008 graduate of Shelton High School. I also participated in Running Start and received by Associates degree at Olympic College. I will be attending Central Washington University this fall to pursue a degree in Accounting. My future goal is to work for the Squaxin Island tribal government.

My mom is Connie. She works at Little Creek Casino Resort. My grandparents are Gene and Carolyn Hoosier. Grandma works in the Squaxin Island Department of Finance. My great-grandparents are Harry and Bertha Fletcher. Great-grandpa is the eldest of the tribe. I'm having a great summer and I hope you are too!



CONGRATULATIONS GRADUATES!



Associates Degree



Jessica Hoosier

Hi! My name is Jessica Hoosier. I am a 2008 graduate of Olympic College with my Associate's degree. I will be attending Washington State University this fall for my Bachelor's degree in Architecture. I have a younger brother. His name is Jeff. I had some classes with him at Olympic College. My parents are Reid and Connie. My grandparents are Gene and Carolyn Hoosier and my great-grandparents are Harry and Bertha Fletcher. Best wishes to all of you!

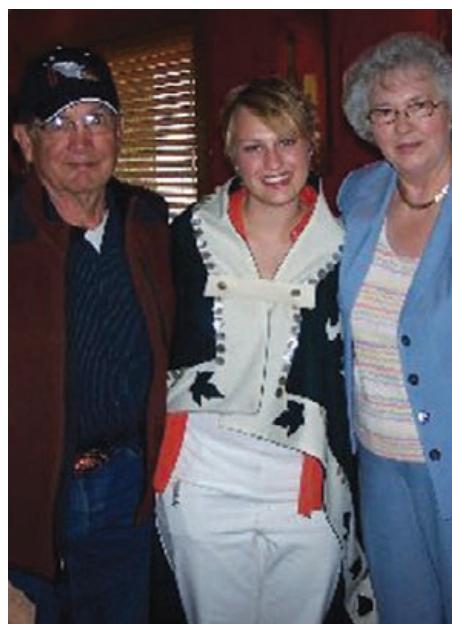


Kristin Davis

Kristen Davis, the daughter of Jim and Theresa Davis and the sister of Elizabeth and Marvin Campbell Jr, and Lyssa and Kelly Davis, graduated from Leander High School in Cedar Park, Texas on June 6.

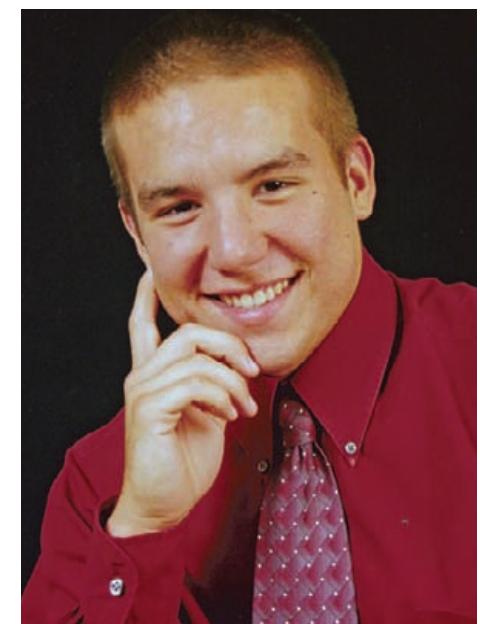
She was awarded a gold medal for being a Texas Scholar and graduated with a career passport in Early Childhood Professions. Her plan is to attend Austin Community College for two years, then transfer to Texas Tech. She would like to become a Special Education Teacher, mainly for children with autism.

High School



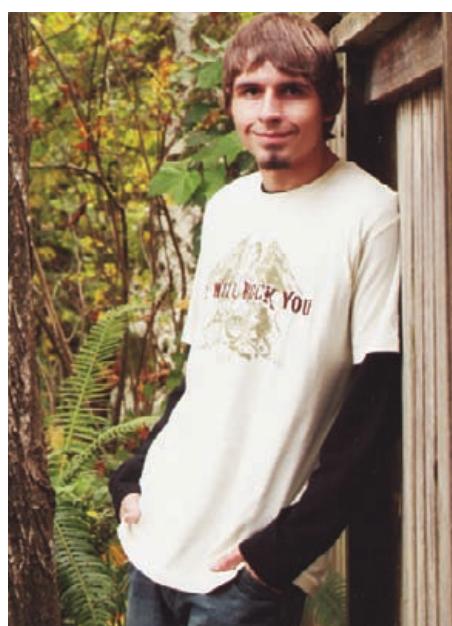
Kaitlyn Brandt

Kaitlyn Brandt graduated from Liberty High School on June 12, 2008. Kaitlyn will be attending community college this fall. She also received a button blanket from her grandparents, Ann and Glen Parker.



Michael Peters

Michael Nawamuks Peters, son of Mike and Linda Peters, graduated from Capital High School in Olympia this June. He is getting ready to head down to Southern Oregon University in Ashland, OR where he will be playing runningback for the SOU Football Team. He will be leaving August 4 to report to football camp down there. His academic interests are Sociology and Native American Studies.



Tory Hagman

My name is Tory Hagmann. I graduated on June 10, 2008 from Capital High School in Olympia. I am currently working as a stocker at Twin Totems in Shelton. I plan on attending Olympic College in the fall for a year and then transferring to Central Washington University in Ellensburg, Washington.



Wes Whitener

Wes Whitener, the son of Andy and Ruth Whitener, graduated from Shelton High School on June 6th. He has worked for the Squaxin Island Summer Rec Program for five years and really enjoys working with the 10 year-olds. He also likes video games and hanging out with his friends and family.



Also Associates Degree Graduate Elena James

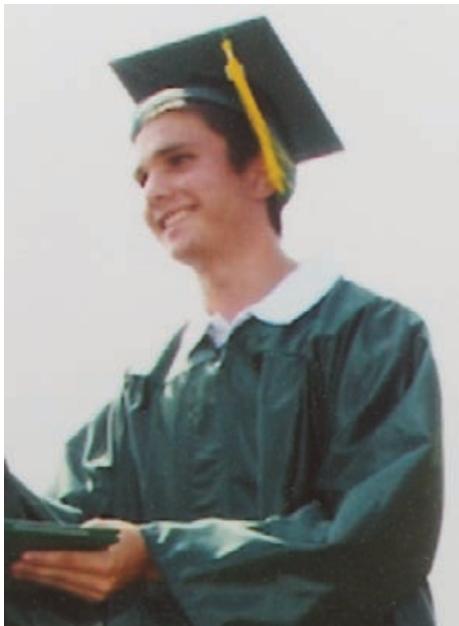
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CONGRATULATIONS GRADUATES!



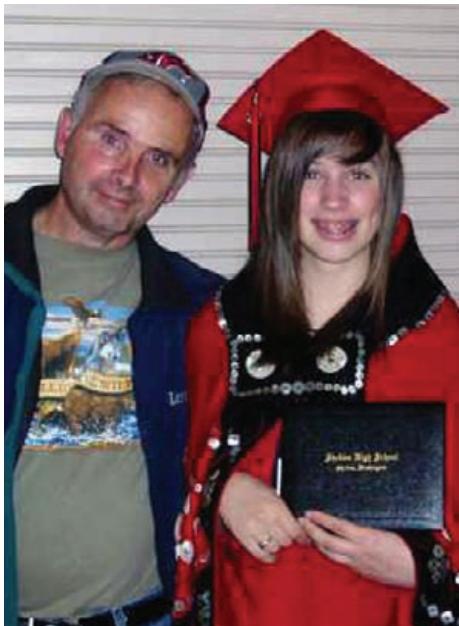
High School



Sean James

Sean Jones, the son of Linda and Mark Jones, and grandson of Emory and Ruth Peters, graduated from White Oak High School in Jacksonville, North Carolina on June 12th. He took honors classes and played on the high school golf team with a current handicap of 4.3. He plans to continue to work at Jacksonville County Club Golf Course.

Sean's plans for the summer to play some golf and do a little surfing. He will attend Carolina Community College in the fall.



Tasha Hillstrom

Tasha Hillstrom, the daughter of Pam and Larry Hillstrom, graduated from Shelton High School on June 6th. She is currently employed at the Squaxin Island Child Care Center and plans to attend South Puget Sound Community College this fall to take some photography classes. She eventually plans to transfer to the Seattle Art Institute.

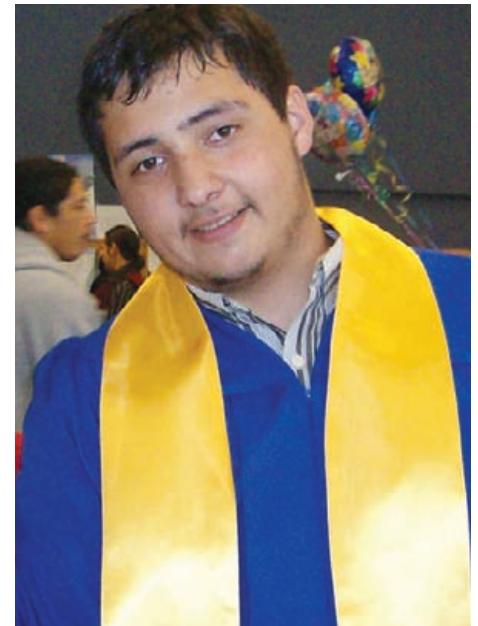
She has been involved in baton twirling competitions for 12 years and participated in Band and Color Guard in high school.



Jeff Hoosier

Hi! My name is Jeff Hoosier. I am a 2008 graduate of Shelton High School. I also participated in Running Start and received by Associates degree at Olympic College. I will be attending Central Washington University this fall to pursue a degree in Accounting. My future goal is to work for the Squaxin Island tribal government.

My mom is Connie. She works at Little Creek Casino Resort. My grandparents are Gene and Carolyn Hoosier. Grandma works in the Squaxin Island Department of Finance. My great-grandparents are Harry and Bertha Fletcher. Great-grandpa is the eldest of the tribe. I'm having a great summer and I hope you are too!

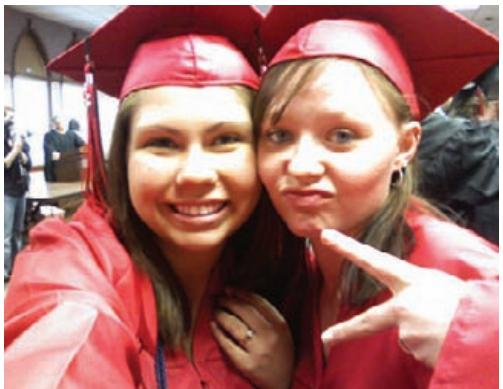


Jonathon Mesplie-Romero

Jonathon Mesplie Romero, the son of DayleAnne Gonzalez and grandson of Beverly Hawks, graduated from Chief Leschi School in June. This is Jonathon's first year participating in the annual Canoe Journey and he plans to work in various capacities. He just finished working in a tribal fireworks stand. Debbie Obi gifted Jonathon a cedar graduation cap and his Beverly gifted him a Raven button blanket.



Tiffany Henderson



Tiffany Henderson, the daughter of Michael Henderson and Theresa Henderson, graduated from Shelton High School on June 6th.

She volunteered on Teen Council for Planned Parenthood for six months during her senior year.

Tiffany enjoys cooking and plans to go to the Art Institute of Seattle for Culinary Arts program.

She is expecting her first child, a boy, Aidan, on August 15th.

Tiffany is currently employed as an Office Assistant at the Department of Natural Resources and previously worked at the Squaxin Island Health Clinic.

OUJO

Also High School Graduates

Ronald Day

Janessa Kruger

Jerad Williams

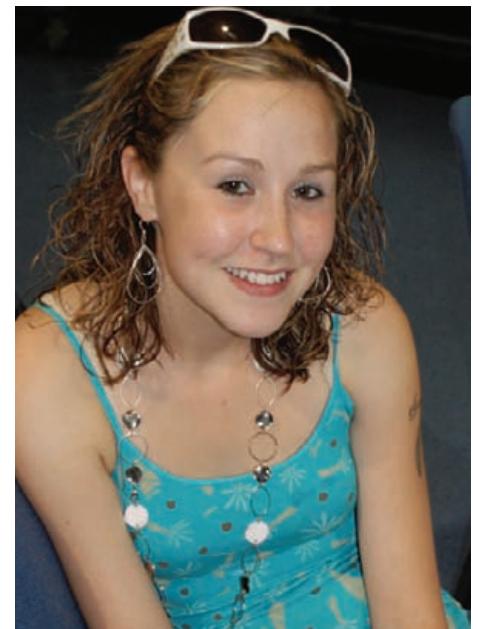
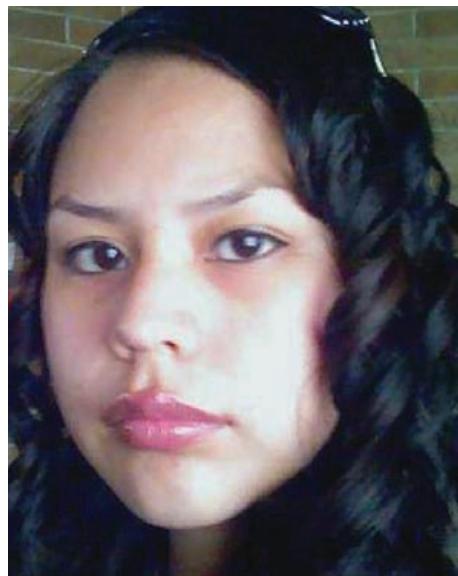
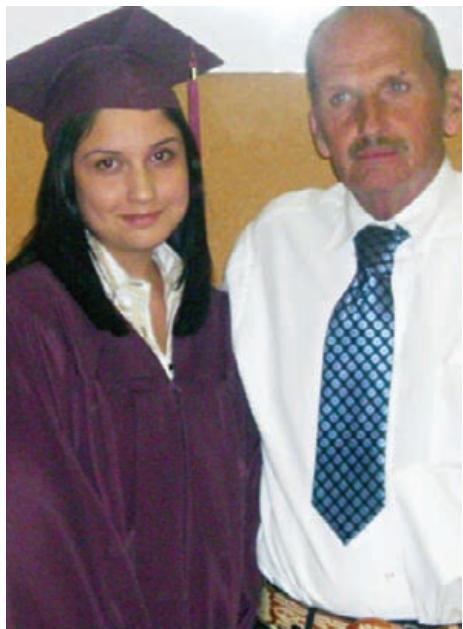
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CONGRATULATIONS GRADUATES!



GED



Susan McFarlane

Hi my name is Susan McFarlane, but most of you know me as "Wicket." I just finished my GED on June 11, 2008 at the Olympic College in Shelton!!! I am so happy that I finally got it, and hope that seeing me do it encourages all those who have not finished school to do it!! I would like to thank my mom for helping me with my kids when I needed to go to classes, and Kenna Krise for taking me to classes. I would especially like to thank Terry Remick for helping me with transportation because without her help, I probably never would have made it to any of my tests!!

Sgwi' Gwi



Madeena Rivera

Madeena Rivera, the daughter of Marcella and granddaughter of Rose Algea, graduated with her GED from Washington State University in Pullman in April. She has been employed as the Diversion Coordinator Assistant for the Public Safety and Justice Department since May and worked there as a Summer Youth employee for three years.

Madeena plans to attend Police academy in Artesia, New Mexico in two years to become a Squaxin Island Law Enforcement Officer.

She also enjoys fishing, basketball, art, being out on the water, hanging out with family and friends and playing pranks on people! :)

Cecelia Black

Cecelia Black graduated with her GED through a program offered by the Quileute Tribe. She is currently employed at the Rivers Edge Restaurant in LaPush and plans to go to college with her cousin this fall to become Massage Therapists. She would also like to learn to speak other languages. She enjoys working, helping her sisters with their kids and watching tv. She also enjoys reading and beading. She makes earrings and bracelets.

Davina Braese

Davina Braese, the daughter of Tonya Henry, graduated with her GED from the High School Equivalency Program at Washington State University in Pullman in April. She plans to further her education at Beauty College in Lacey next fall. In her free time, she also enjoys spending time with her family and friends.



GED Classes Continuing Through the Summer

Do you know what Kasia Krise has in common with United States Senator Ben Nighthorse Campbell? Besides the fact that they're both bright and talented individuals, of course. Do you know what's wrong with the sentence that precedes this one? Well then come to GED class and find out!

The GED class sponsored by the Squaxin Island Tribe's Education Department is becoming a fixture at the Tu Ha' Buts Learning Center. This class has been in session almost continuously (with just a few short breaks between academic quarters) for well over a year. The class is typically offered through Olympic College.

Because the Education Department strongly encourages tribal members to participate regularly, we strive for continuity. We don't take a long summer break, we meet on the same days (Mondays and Wednesdays), and the classroom atmosphere is always informal and student-centered.

As always, all community members are welcome to attend but we strongly encourage students of high school age to stay in school. If you're not yet 19 years old, you'll need to speak with someone in our education department in order to attend.

If you would like more information about this, or any of the many excellent programs offered by our education department, please contact Walt Archer at 432-3826, or Kim Cooper at 432-3904.

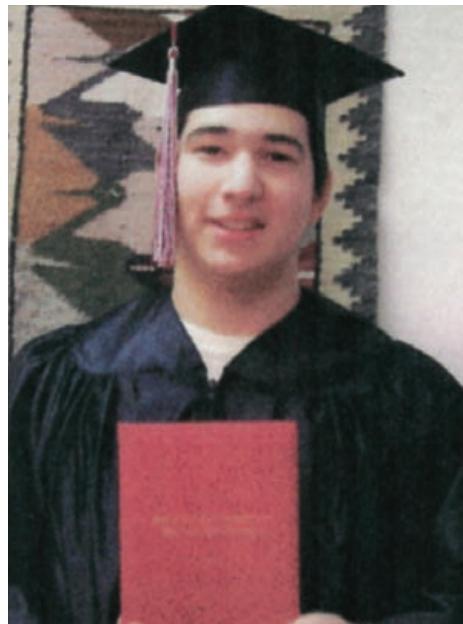
You've probably already guessed that Ms. Krise and Senator Campbell are both GED graduates.



CONGRATULATIONS GRADUATES!



GED



Jess Brownfield

Jess Brownfield earned his GED from Olympic Community College this past December, 2007. He is the son of Sally and the late Mike Brownfield, Grandson of Martin Brownfield and Pearl Satterthwaite and Kenny and Sally Selvidge. He has lived his whole life, as his parents and ancestors before him, on Kamilche Point. Jess has a love of the outdoors, finding solitude and renewal of spirit camping on Squaxin Island. He shares his father's passion for motorcycles. Jess plans to continue his education through Grays Harbor Community College.

Tyler Burrow

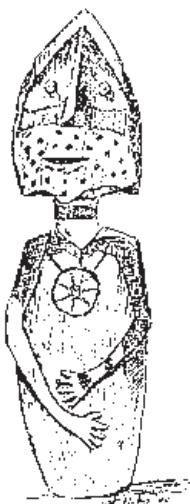
Tyler attended the High School Equivalency Program at Washington State University in Pullman and graduated February 5, 2008 in the top 30% of his class.

Terri Capoeman

Hello, my name is Terri Capoeman. I'm the daughter of Lizzie Perez and Herbert Capoeman, Jr. I'm an enrolled Squaxin Island member. I have five daughters, Latoya, Lachell, Koreena, Elena and Clara, and one son, David Josiah. My hobbies are clam digging, native dancing and drumming. I love to go on Tribal Canoe Journeys every year. Tribal Canoe Journeys bring families together in a positive way.

I work at Little Creek Casino Resort, and have been there since 2001. I like it there because I get to work with people from all over Indian Country.

I would like to say thank you to my family and my family at Little Creek Casino Resort Hotel for all the love and support. I couldn't have done it without you all helping me achieve my GED. I graduated June 19th from Olympic College! Hoyt!



Off to Cowichan . . .

More photos on pages 22-23



Denise Davis

Hello, my name is Denise Davis. I am enrolled in the Gros Ventre Tribe from Montana. I have four kids who are Squaxin Island. I recently received my GED here through the Squaxin Island Tribe. I am now enrolling at South Puget Sound Community College to get my Associate's degree. I am proud of who I am and how far I have come in life.



Also GED Graduates

Tashina Ackerman

Jacob Evans

Sharleina Henry

Tammi Birchell

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CONGRATULATIONS GRADUATES!



GED



Rachel Edwards Johns

Rachel Johns, the daughter of Herbert Johns Jr. and Cathy Edwards Riker, graduated with her G.E.D. in May through South Puget Sound Community College. Rachel is married to Ernesto Naranjo and together they have two children, Sara and Ben Naranjo.

She plans to further her education through South Puget Sound Community College beginning this fall and is still considering her career options. In her free time, she enjoys spending time with her family and shopping.

Martin Sequak

My name is Martin Sequak, and, as you all might know, I got my GED. Sorry to all the people who encouraged me to get my diploma, but I tried my best. Thanks to all the people who supported me in getting my GED. I'm not the best writer so I'm going to keep this short.

Kevin Spezza

Kevin Spezza graduated with his GED from Olympic College through the Squaxin Island Tribe's GED program. He is planning on continuing his education and is considering his options. Meanwhile, he is employed as a Stocker at the Kamilche Trading Post.

In his spare time, he enjoys clam digging and hanging out with his friends and family.

Kasia Krise

Hi, my name is Kasia Krise. I am the daughter of Alan and Rose Krise; I am also the mother of Tyrone Joseph and Johnathan Seymour, my two wonderful boys! This past November I received my GED certificate from Olympic College in Shelton, and I'm happy to say I've done it. I'd also have to say it was a very rewarding experience for me. I plan to attend Olympic College in the fall and from there I plan to become a nurse. I would like to thank all the people who made it possible for me to achieve this, my parents, sisters and brother who helped me stay on track and Tyrone who took those boys when I had late night classes and tests. Thank you and I Love you! Special thanks to Bill Heelan who kept me laughing in GED prep. Bill, you are an interesting instructor and a great one at that!

Congratulations Graduates of (ILA) SPIPA/University of Washington Inter-Tribal Leadership Academy Class (Year-long & 9 credits from SPSCC) Designed to Train Future Managers



Pam Hillstrom

Joanne Decicio

Jennifer Ogno





Walking On



Walter Steven Henderson died of heart failure June 24 at Mason General Hospital. He was 73 and had lived in Shelton for more than 45 years.

He was born June 6, 1935 in Bakersville, North Carolina, to Kelly E. Henderson and Dovie Mae Ledford who also went by Henderson, Troutman and Bishop-Wood.

He served in the Army from July 1955 to June 1958 and was a Specialist Third Class at the time of his honorable discharge from active duty.

He was previously married to Barbara Anne Henry of Shelton from September 1962 to October 1979.

He was a Simpson mill worker. His interests included fly fishing, playing poker and working to preserve the earth.

Mr. Henderson was raised in Bryson City, North Carolina by his grandparents, Marion Ottis Henderson and Carrie Rowena Thompson-Henderson. He graduated from Swain County High School in Bryson, North Carolina before being drafted into the Army which stationed him in Germany.

He was preceded in death by his parents, two brothers, Backus Troutman and Brent Troutman, and a sister, Heady "Toots" Finney Mae Troutman-Reed.

Mr. Henderson is survived by four brothers and three sisters: David "Ed" Troutman of Burnsville, North Carolina; Claude "Bruce" Troutman of Vero Beach, Florida; Allen B. Troutman of Vero Beach; William H. "Bill" Henderson of Port Orchard; Bonnie T. (Troutman) King and her husband Marvin of Three Springs, Pennsylvania; Nancy A. Henderson; and Juanita L. Henderson; and a stepbrother, Bill Turner.

He is also survived by his ex-wife Barbara A. Henry; daughter Joanne F. (Henderson) Decicio and her husband Dino; son Vincent G. Henry Sr. and his wife Margaret; six grandchildren: Chasity Faye (Decicio) Masoner and her husband Michael; Dillon David Decicio; Vincent Gene Henry Jr.; Jolene Rene' Grover; Malia Red-Feather Henry and Kiana Jean Henry; two great-grandchildren: Nokomis Butterfly Faye Masoner and Mykah Jayson Masoner of Shelton. He is also survived by many nieces and nephews.

A private memorial service was held on July 20. Arrangements were by Forest Funeral Home.

Missing Steve Henderson: Joanne and family, Vinny and family, all of us grandchildren, Barbara Henry, great-grandchildren, nieces and nephews and in-laws too!



Dillon David Decicio; Vincent Gene Henry Jr.; Jolene Rene' Grover; Malia Red-Feather Henry and Kiana Jean Henry; two great-grandchildren: Nokomis Butterfly Faye Masoner and Mykah Jayson Masoner of Shelton. He is also survived by many nieces and nephews.

A private memorial service was held on July 20. Arrangements were by Forest Funeral Home.

Steve Henderson, June 6, 1935 - June 24, 2008

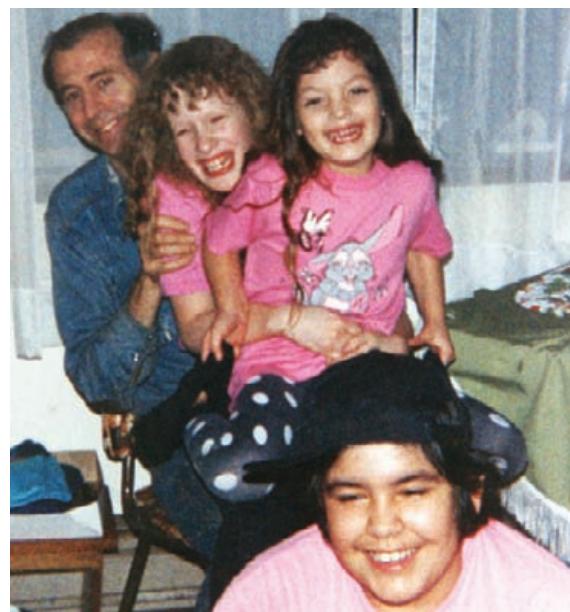
He was very much loved and will be missed dearly!



Barbara Henderson, Vinny & Joanne



Grandpa Steve and Dillon



Grandpa Steve, Chass, Jolene and Vince Jr.



Grandpa Steve with Chass and Vince Jr.



Grandpa Steve and Chass



Steve and Barbara

Dad stated a couple times during the month of June, 2008,

"Do not grieve for me, for everything happens in divine order." - Joanne



COMMUNITY



On behalf of the Minor's Breast Quest team (Leila Whitener) we want to thank everyone who participated in our 50/50 Rummage sale on the weekend of July 11 & 12th, 2008. Because of the wonderful turnout, our Breast Cancer fundraising team is donating \$528.00 to our Squaxin Island Museum Library & Research Center & \$528.00 to our Minor's Breast Quest team!! We made a total of \$1056.00 in one and a half days!

Our hands are raised in appreciation to Tom & Mandy McCullough for volunteering their time, cooking skills, and all their donations! Thank you Tom & Mandy! Also, we want to thank the Elders for the use of the Elder Center, Ed Fox for letting us hold the rummage sale, and the clinic for the usage of their sandwich board.

Our fundraising activities continue until the end of September. To make a donation for our Minor's Breast Quest Team, just log onto <http://www.the3day.org/> and Type in either Leila Whitener or Minor's Breast Quest Team. You'll be able to see who all made donations and their amount and what Leila and her team has to say about making this journey to help all those who have had this type of an experience.

Thank you very much!

Leila Whitener

Minor's Breast Quest team

Thanks!

I would like to thank everyone who helped make my trip to Mashantucket Pequot Museum & Research Center possible

Thank You All!!!

- Mandy McCullough



I'M WALKING.

I'm taking an incredible journey to help end breast cancer forever. I'll walk 60 miles in the Breast Cancer 3-Day and raise funds for Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund.

CHICAGO	August 8-10	WASHINGTON, DC	October 3-5
BOSTON	August 15-17	PHILADELPHIA	October 17-19
CLEVELAND	August 22-24	ATLANTA	October 24-26
SAN FRANCISCO BAY AREA	September 5-7	TAMPA BAY	Oct 31-Nov 2
SEATTLE	September 12-14	DALLAS / FT. WORTH	November 7-9
TWIN CITIES	September 19-21	ARIZONA	November 14-16
MICHIGAN	September 26-28	SAN DIEGO	November 21-23

It's amazing what can happen IN ONLY 3 DAYS.
Register or donate today. 800.996.3DAY www.The3Day.org

THE BREAST CANCER 3-DAY. BECAUSE EVERYONE DESERVES A LIFETIME.

©2007 Breast Cancer 3-Day



Native Youth P.O.W.E.R. Conference

As part of the Native Youth P.O.W.E.R. Conference, Patty Suskin, Diabetes Coordinator at Squaxin Island Tribe, met with Native Tribal Youth at the Great Wolf Lodge on Sunday, June 22nd. About 30 youth from the Squaxin Island Tribe attended with about 150 youth from local tribes.

Portions of the Native-produced video ***“Diabetes, Don’t You Get It”*** were shared along with a quiz to learn some facts about diabetes. The youth brainstormed ways they can be active & prevent diabetes. Check out the quiz below.

(Answers on Page 17)

Diabetes: Don’t You Get It Quiz

Question #1 True or False:

All people who have Diabetes have been diagnosed and are seeing a doctor.

Question #2 What is Insulin?

- a. a food
- b. a hormone
- c. a cell

Question #3 True or False

Everyone who has Diabetes has to give themselves insulin shots every day.

Question #4 The most important thing you can do to protect yourself from Diabetes is:

- a. Drink lots of water
- b. Never eat any candy
- c. Exercise daily and eat healthy foods

Question #5 True or False:

Not very many people in America have diabetes and all those who do have it are old.



Outdoor Activity of the Month

While away warm days at swimming holes

By Chester Allen | The Olympian - Deep Lake at Millersylvania State Park is one of many South Sound places where you can enjoy warm afternoons with swimming and sandy beaches. (Steven M. Herpich/The Olympian)



WHAT

Summer swimming holes in South Sound.

TO DO

Summer — everyone knock on wood — seems to have finally arrived in South Sound, and that means hitting the swimming hole on warm afternoons. South Sound has a lot of natural swimming areas, but it's important to remember that most of them don't have lifeguards.

HERE ARE A FEW POPULAR SPOTS:

Deep Lake

Deep Lake at Millersylvania State Park has two nice, sandy swimming beaches. There are sandy shallows for little kids. Buoys mark the swimming areas, but there is no lifeguard, so parents should keep a close eye on the kids. To get to Millersylvania, take Interstate 5 south to Exit 95. Follow the offramp as it curls around toward Maytown Road. Follow Maytown Road to Tilley Road. Turn left on Tilley Road. Turn into Millersylvania State Park at the sign.

The Tenino Quarry Pool

The Tenino Quarry Pool — a gorgeous, deep pool nestled into the terraced hillside of an old sandstone quarry — opens for the summer July 4. The spring-fed pool has a shallow area for little kids, and a deep area with high and low diving boards. The water is 90 to 100 feet deep at the diving area. There is a lifeguard, and all swimmers pay a small fee. The pool is open from noon to 7 p.m. To get to the pool, take Capitol Boulevard south — it becomes Old Highway 99 — to Tenino. In Tenino, the highway makes a T-intersection with Sussex Avenue, which also is state Route 507. Turn right on Sussex Avenue, then left onto Howard Street. Follow Howard Street to Park Avenue and Tenino City Park.

For more information, call 360-264-2368.

Kenneydell County Park

Kenneydell County Park, on Black Lake, is a popular swimming area. There is a swimming float; 1,000 feet of nice beach; and lots of company on warm, sunny days. Kenneydell does not have a lifeguard, so don't swim alone, and parents should watch their children. Know your swimming skills and don't take risks. A college student lost his life at the swim area in 2004. There is warm, shallow water right off the beach. To get to Kenneydell, take Black Lake Boulevard to Black Lake-Belmore Road and turn left. Follow Black Lake-Belmore Road to 66th Avenue. Turn right onto 66th Avenue, which makes a sharp curve and becomes Fairview Road. The park entrance is shortly after the curve. For more information, call Thurston County Parks and Recreation at 360-786-5595 or go to www.co.thurston.wa.us/parks.

Long Lake Park

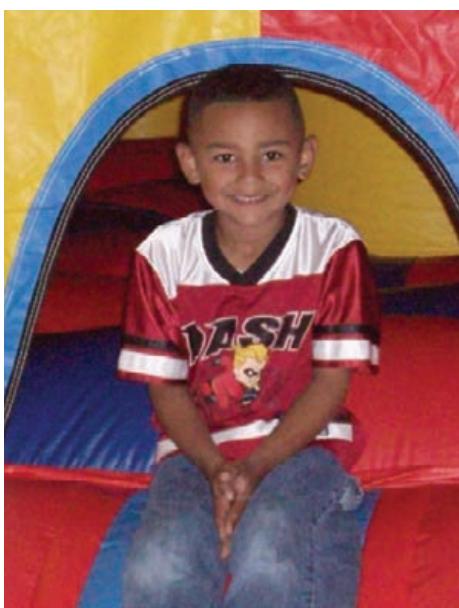
Long Lake Park, in Lacey near the Thurston County Fairgrounds, is one of the most popular swimming holes in South Sound. The park has 285 feet of beach on Long Lake. This beach gets lively on warm afternoons. There is no lifeguard. The park is at 2790 Carpenter Road S.E., Lacey. For more information, call 360-491-0857 or go to www.ci.lacey.wa.us/parks.



Youth Health Fair a Success!

Over 100 people attended the event. Youth received cards at the sign-in, asked a question at each booth & then were rewarded with an "active" toy such as a frizbee or a ball. Activities at booths included: bounce house, Squaxin Island Tribe Health Clinic, line dancing, healthy snacks with Washington State University Extension (WSU), Dance, Dance, Revolution (DDR), Diabetes screening, Nutrition with the Wacky Nutrition Scientist (AKA Patty Suskin), Law Enforcement, Fire Department, ID with Dept of Information Systems,...

Thank you to all who participated!



Thanks Again NW Area Indian Health Board!

The board provided a limited number of Nike N-7 shoes to tribal members as an incentive to be more active or to encourage continued increased activity. Let your friends know (see pictures below) you are proud of them to make a commitment to being more active!

Angie Lopeman & Herb Johns were two of several Squaxin Island tribal members to receive the Nike N-7 shoes. They are so comfortable!



“Diabetes: Don’t You Get It” Answers

Question #1

FALSE.

About 1/3 of the people with Diabetes don’t know it yet.

Question #2

b. Hormone.

Insulin is a hormone that your body makes to allow your cells to use food.

Question #3

FALSE.

People with Type 1 Diabetes need to take insulin to live. People with Type 2 Diabetes may be able to control Diabetes without insulin.

Question #4

c. Exercise daily and eat healthy foods.

Both exercise and eating right reduce the sugar level in your blood and help you feel better in general.

Question #5

FALSE.

More than 16 million Americans have Diabetes and many are under the age of 25. In fact, more and more young people are being diagnosed with Diabetes because people are inactive (cars versus walking, video games, computers, etc) and eating less healthy foods. The people most likely to get Type 2 Diabetes are those with a family member with Diabetes, Overweight (High Risk: Waist Measurements: 35 inches or more for women, 40 inches or more for men) Inactive, or from Native American, Hispanic, or African American heritage.

Dave Caulfield, Nurse Practitioner at the clinic, has taken another position at an urgent care center in Silverdale. He has agreed to work the following days in August: Friday the 8th, Thursday the 21st, Monday the 25th & Tuesday the 26th.

Dear Wives, Girlfriends...and Mothers:

We rarely see men in our clinic. When we do, it's often because they were complaining and you got tired of listening to them. So we (and they) need your help. You women are so good about coming in for YOUR annual physicals (with Pam) but we almost NEVER see the men.

Everyone over the age of 25 should be screened for high blood pressure, cholesterol and diabetes. Other tests are also important.

Men over the age of 40 need to be screened for prostate cancer, and everyone over the age of 50 should have a colonoscopy (If you don't know what that is, come in and ask!).

If there are any symptoms of concern, we can evaluate them as well.

Those of you who smoke, but aren't QUITE ready to quit, could use a chest x-ray every two years, as well as other lung tests. An electrocardiogram (EKG) can be done at the clinic and is one way to look for possible heart problems.

If you want to keep these men alive and “kickin” (and we know you do), call and make an appointment for them. Ideally, they need to be fasting (nothing to eat or drink for 10 hours before). We could get their blood and then they could come back a day or two later for the physical. Thanks!

Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after Senior Lunch

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come Visit Our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use in them in the building across from the clinic.
Work out alone, with us, or schedule a time for a group

Community Health Walk

Thursday, August 21
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time - for diabetes prevention!

Help us win the Walking Stick!
The tribe with the most walkers each month wins the walking stick for that month.

We won it last July ...
can we get it back this August?

Foot Exam Morning for People with Diabetes

Tuesday, August 26th
Call Patty for an appt.

Mammograms / Women's Health Exams

August 21st

Contact Rose Algea (360)432-3930

Questions?

Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972

Are You Low Income?

Want a Garden in Your Yard?

Contact Patty Suskin
to get on the waiting list
to have a garden placed in your yard - for FREE.

Ask Patty for more information

Free Pilates Classes

Community members welcome
Mondays and Wednesdays
4:00 – 5:00 p.m.
at the Health Promotions

Line Dancing

Wednesdays & Fridays
at noon in the gym
\$2 donation

Meal Program

Mon. 4 - Shrimp Salad
Wed. 7 - Baked Ham
Thurs. 8 - French Dip

Mon. 11 - Sandwich Bar & Soup
Wed. 13 - Hamburger Steak
Thurs. 14 - Chalupa

Mon. 18 - Boneless Chicken in Sauce
Wed. 20 - Grilled Tuna Salad Sands
Thurs. 21 - Stuffed Peppers

Mon. 25 - Swiss steak
Wed. 27 - Baked Pork Chops
Thurs. 28 - Crab Cakes

***Menu Subject to Change**



OVER \$25,000 IN CASH AND PRIZES WILL GO!

BINGO AT THE CREEK

WIN BIG AT OUR QUARTERLY BINGO!

Friday, September 5 at 6:30
Doors open at 3pm
Regular games pay up to \$750
Blackout grand prize pays \$1,199

Saturday, September 6 at 12:30 & 3:30
Doors open at 10am • Warm-ups available
Regular games pay up to \$250
Special Game grand prize pays \$599

Saturday, September 6 at 6:30
Regular games pay up to \$750
Blackout grand prize pays \$3,000

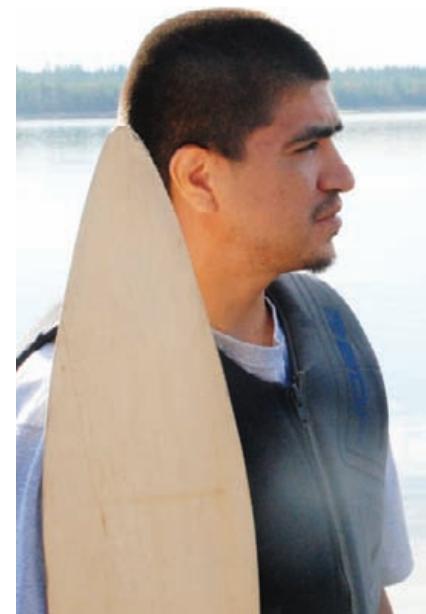
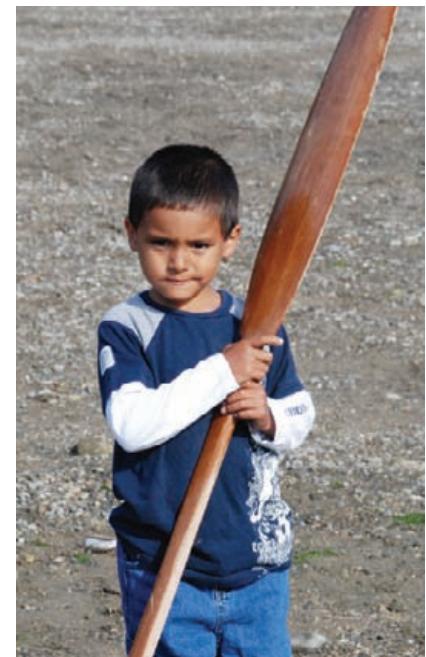
Early bird specials Friday & Saturday's 6:30 sessions
Located in the Skookum Creek Event Center

\$69 Room Rate
Valid only for
Bingo Participants
Must be a MVP
Club Member

LITTLE CREEK CASINO • RESORT

IMMERSE YOURSELF
AT THE CREEK

Must be 18 or over • www.little-creek.com • 360-427-7711

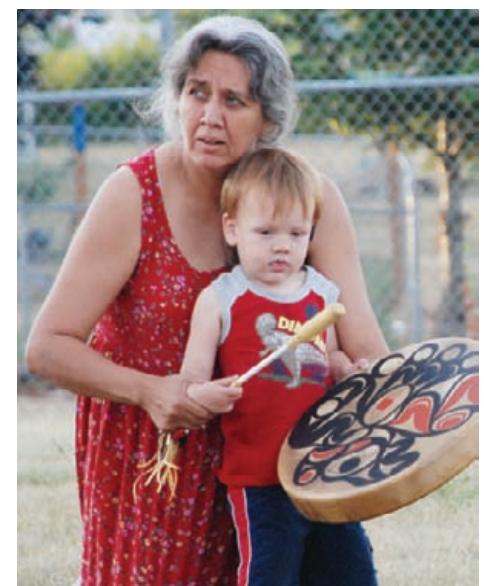


COMMUNITY



Canoe Journey '08 to Cowichan

For more photos of the Journey, go to the Tribe's photo gallery at <http://squaxin.lenzus.com>
The full story will be in next month's Klah-Che-Min





Veterans Memorial

Continued from Page 1

bronze paddles with the name of each veteran engraved - the first for the "unknown warriors" who guarded past generations. In addition, one of the grandbabies of the Medicine Creek Treaty Tree is centrally located in the exhibit and the petroglyph known as the "Love Rock" is yet another centerpiece. Visitors entering the memorial pass through an entryway of two enormous house posts and a traditional cedar canoe carved by tribal member Andrea Sigo. The are bronze medallions recognizing each branch of service.

Pictured above are William Peters (L) and Cal Peters, brothers and WWII veterans. There are so many great pictures, to share, they can't all be used in this publication. Please visit the Tribe's online photo gallery at <http://squaxin.lenzus.com> to view them all.

